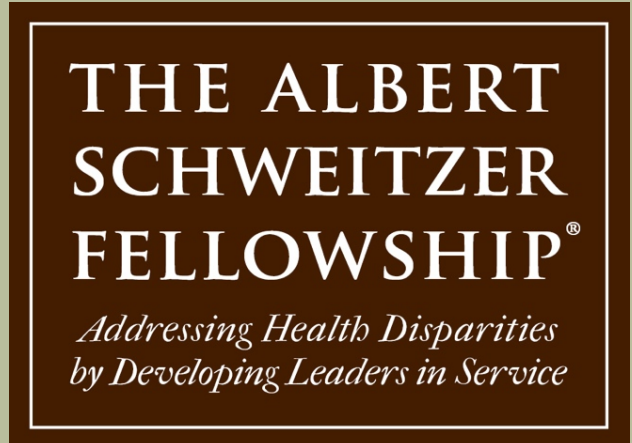


THE COLUMBUS-ATHENS SCHWEITZER FELLOWS PROGRAM

Purpose: To facilitate service projects to benefit the Columbus and Athens communities, and simultaneously develop emerging professionals who have the skills to address unmet health-related needs throughout their careers.



“Start early to instill in your students awareness that they are on this earth to help and serve others; that is as important to pass on to them as knowledge.”

—Albert Schweitzer, PhD, MD

Women2Women Mentoring Promoting Wellness through Professional Development

The Partnership

Collaboration with Dress for Success Columbus is a 501(c)3 organization which provides career suiting and guidance with career retention for women in need. The mission of Dress for Success Columbus is to empower women in need to achieve through professional attire, career development, and the tools needed to succeed in work and life. All programs are free of charge.



The Project

My goal was to develop a mentoring program that connected established professional women with clients of Dress for Success Columbus. By working in groups and individual pairs, mentees acquired personal and professional development tools to prepare them for the work setting. We also worked to foster relationships and grow their professional network.

The Mentoring Toolbox

Through group activities supplemented by individual mentor and mentee pairings, a professional development curriculum was designed.

In the toolbox :

- Strength Finders book and activities to focus on emphasizing personal strengths
- Support for mentors - “Bridges out of Poverty”
- Emotional Intelligence activity for mentors and mentees
- Scenario-based programs on how to handle tough situations served as mentor/mentee meeting icebreakers



The Successes

- Completion of school and acquisition of job for 1 mentee
- Continued 1-on-1 relationships for multiple mentor pairs after the completion of the program



- Developed a professional network for all women involved
- Hosted a yoga class for all Professional Women’s Group members
- Mentee winning Woman of Power Award in October 2013



Nicole Sillaman
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